www.louisiana-grills.com
LOUISIANA GRILLS
WOOD PELLET BARBECUES

Cooking Guide

Savor the Flavor!

You must read this Owner's Guide before operating your grill

- Mesquite
- Hickory
- Apple
- Alder

DGI Dansons Group Inc.
Responsible Resource Development

Manufactured by:
CCI CanadianComfortIndustries
A VANDERWELL COMPANY

Toll Free 1-877-303-3134
www.dansons.com

Dear **"Louisiana Grill"** Wood Pellet Barbecue Owner:

Thank you for choosing to purchase a "Louisiana Grill" wood pellet barbecue. Please accept our gift of a 20lb. bag of flavored wood pellets as both a "Thank You" and as a start to get you on the road to the savory flavor of convective wood pellet cooking.

Cooking with your Louisiana Wood Pellet Grill is about to bring you full circle from the days of the caveman when cooking outdoors and with wood was a necessity, to cooking indoors in your modern kitchen and now back to the great outdoors and that savory wood flavor.

Think of your **"Louisiana Grill"** as an extra stove available to bake, roast, grill, sear and smoke food. Barbecuing provides a form of entertainment, which is relaxed and casual. Your meals can be completely cooked outdoors and where the chief is one of the crowd.

We'd like to take this opportunity to pass on a few ***important tips*** concerning grilling with wood pellets.

1. ***Initial set-up of our "Louisiana Grill" is the most important step*** to ensure the efficient and satisfactory operation of your barbecue for many years to come.
2. ***Be diligent in your cleaning and maintenance program.*** Taking care of your grill will add years of life and keeps it looking great.

Our loyal staff, valued customers, friends and our loving families have all contributed recipes to this cookbook. We have tried to include a broad range of cuisines and styles, starting with Mom's Great Home Cooking and many, many, many, catering and entertaining experiences to current classics and new soon to be classics.

If you are interested in contributing a family favourite, please send it by:
Fax: 1-780-960-0430, Web www.louisiana-grills.com, or to the address below.

With a minimum of care your **"Louisiana Grill"** will provide years of clean, efficient and environmentally sound cooking. And be prepared for those never ending compliments.

Thank you for choosing **"Louisiana Grill".**

Canadian Comfort Industries &
Dansons Group Inc.

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WOOD PELLET BARBECUES

About Wood Pellets

They are no thicker than the eraser on the end of a pencil, people who see them for the first time think they look like rabbit food, but there is nothing small about the heat energy in a wood pellet. These clean burning wood pellets generate about 8200 BTU's per pound with very little ash and low moisture content.

Wood pellets are not new; they have been around for a long time used in industrial, commercial and residential heating appliances. There are more than 125 active pellet mill operations in United States and Canada, producing millions of pounds of pellet each year.

Barbeque wood pellets are produced in the same matter as wood pellet fuel is produced for home heating. Pure raw material (sawdust) is pulverized with a hammer mill and then dried. The dried material is then processed under heat and pressure. Lignin, which is the natural glue, which holds plant fibre together, softens above 100º C, permitting the material to change shape. The hot lignin then acts like a binding agent to bond the pellet together. The heated material then goes through a hard steel die, much like a meat grinder, which rotates against rollers forcing the material through the die with pressure over 3 000 PSI. As the pellet is forced through the die it is sheared off at a specific maximum length, cooled, screened, vacuumed, and then bagged into 20 lb bags.

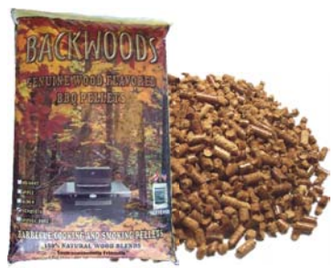
General specifications for barbeque pellets are: 100% hardwood, 1"long or less in length, ¼" diameter, less then 2% ash content, less then 2% fines, under 10% moisture content, approx. 8200 BTU's per lb. and about 40 lbs per cubic ft. density.

Mesquite, from the Aztex "mizquiti" (which means "the honey tree"); true to its name gives a delicate, subtle, sweet flavour to grilled foods- especially good with poultry and seafood.

Hickory intensifies the flavour of food with a robust, tangy taste that is better suited to red meat than to poultry and fish.

Apple or fruitwoods, many from orchards destroyed by fire or old age, are a big hit. Like its mesquite counterpart, the heaviest branches of the apple tree is heated to kill insects, then chipped, made into pellets, and packaged for retail. Apple or any fruitwood, adds a smoky, mild sweetness to everything that you cook or is highly recommended for any baking.

- Mesquite
- Hickory
- Apple
- Alder



	Beef	Buffalo	Chicken	Turkey	Fish	Lamb	Pork	Baking
Alder	X	X	x	x	X	x	X	X
Apple			x	x			X	X
Hickory	X	X	x	x			X	
Mesquite	X	X	x	x	X			

Initial Set-up Procedures

Please note that during shipping some movement may have taken place, so a complete visual inspection is required. Please follow these Initial Set-up procedures to insure the proper and safe operation of your grill.

Note: Do not plug your grill into an electrical outlet until this procedure is complete.

TIP: It is recommended practise to always go through the INITIAL SET UP Procedures after every 5 to 10 uses. This will ensure proper ignition and continuous happy grilling experiences.

Open the GRILL LID and remove the Cast Iron Cooking Grills. "Little Louie" comes with 1 grill, the "Kentwood" and "Greenwood" models come with 2 sections and the "Grande Isle" comes with 3.

Remove the "Grillmate" or stainless steel "Flavor Guard" Cooking surface.

Remove the Flame Deflector. This is the "U" shaped stainless steel metal piece sitting over the burn grate. The "U" shape sits upside down to help distribute the heat and to keep fly ash to a minimum. The flame deflector also keeps the flame from making direct contact with your cooking.

Remove the stainless steel burn grate and check the burn pot area, remove any foreign items. Ensure that the air holes in the grate and igniter are clear of debris.

Re-install the burn grate. Ensure that the stainless steel grate is setting down and snug in the burn pot with the two igniter holes visible and clear of obstructions, centered in the bottom of the grate. If the grate does not sit firmly in the pot area you will have to adjust the grate adjustment tab.

Re-install the flame deflector. This mounts back on the side brackets located on each side of the burn area. The opening of the "U" shape should be facing downwards, and should be centered over the burn grate.

Re-install the Cooking Grates: For the "Grillmate" ensure that the grill with the small round holes is facing upward and the basket weave pattern is facing downward, towards the flame deflector and burn area. For re-installing the "Flavor Guard"**, the pointed top of the "V" shaped runners and the two pull-tabs must point upward toward the cast iron cooking grills.**

Reinstall the Cast Iron Grills.

Open the Pellet Hopper Lid, found in the rear of your grill, behind the lid. Check for any foreign objects.

Fill the hopper with your choice of wood pellet fuel. Replace the hopper lid.

Plug your Louisiana Grill into the nearest AC outlet.

You are now ready to push that start button and enjoy that savory taste of pellet convection cooking.

Cold Weather Cooking

Just because the bright coloured leaves are gone and the golf clubs put away for another season doesn't mean you have to stop barbecuing. The clean crisp fresh air and the heavenly aroma of flavoured wood pellets and food cooking may be just what the doctor ordered to cure those winter blahs. Holiday grilling also frees up your oven space for other important menu items. Following are a few suggestions on how to enjoy your grill throughout those cooler months.

- ORGANIZE. – Get everything you require ready in the kitchen before you head out to the great outdoors. Put what you need on a tray, bundle up tight, and go for it!
- During the winter move your grill to an area that is out of the wind and cold. Check local bylaws regarding the proximity of your grill in relation to your home and/or other structures.
- **Caution: Never grill in an unventilated area**!
- To help you keep track of the outside temperature, you should place an outdoor thermometer close to your cooking area. This will help in determine how long it will take to cook your food.
- You may want to keep a log or little written history on what you cooked, the temperature outside, and the results. This will help latter down the road to help you determine what to cook and how long it will take.
- When cooking in cold weather, it is better to increase your pre-heating time by at least 20 minutes.
- Avoid lifting the grill lid any more than necessary. Cold gusts of wind can completely cool your grill temperature. Be flexible with your serving time; add about 10 – 15 minutes extra cooking time each time you open the lid.
- As always, use a meat thermometer to determine the internal temperature of your foods.
- Because the nights come sooner in the colder months, it is a good ideal to work in a lighted area or to have a light or flashlight close by.
- Have a heated platter and maybe a cover ready to help keep your food warm while making the trip back inside.
- Some of your better foods for winter cooking are those that require little attention, like roasts, whole chicken, ribs, and turkey. Make you meal preparation even easier by adding vegetables and potatoes.

Hot Weather Cooking

Following are a few tips on hot weather cooking. As it gets hotter outside, not only will the cooking times of your food decrease but the cooking time on yourself decreases. Proper dress is a must. Shorts, T-shirt, shoes, hat, apron and a generous slab of suntan lotion go without saying. Don't forget the big tall cool drink; we don't want the chef to become dehydrated.

- ORGANIZE – You don't have to serve a huge seven-course meal. You don't want to be cleaning your entire kitchen after every meal. Timing is everything to cooking outside and remember practise does make perfect. So practise lots!!!
- Adjust your cooking temperatures downward. This helps to avoid those unwanted flare-ups.
- As always, use a meat thermometer to determine the internal temperature of your foods. This helps in preventing your meat from over cooking and drying out.
- Even in hot weather, it is still better to cook with the lid of your grill down.
- You can keep foods hot by wrapping them in foil and placing them in an insulated cooler. Stuff crumpled up newspaper around the foil and this will keep food hot for a good 3 to 4 hours.
- Try to keep your menu on the lighter side. So you can enjoy the warm temperatures and quality family times.

Grilling Gear

Dress to Protect

Oven Mitts

This has to be one of the most overlooked accessories. Look for ones that are flameproof, and are longer in the sleeve, about 16" in length, this helps protect your arm particularly when basting large cuts of meat, or anytime you open up the cooking hood. They will also protect your bare arms from hot food splatter or grease. Also look for ones that are soil and water repellent, to protect the mitt's appearance against spills and stains.

Apron

The equivalent to the handyman's tool belt. Most good aprons will have an adjustable neck strap for that perfect fit, and lots of pockets for bottles, a towel or two and tools. Should be machine washable.

Shoes

Always wear closed shoes, not steel toed unless your cooking skills need refinement, to protect your feet from dripping grease or falling utensils.

The Right Tools for the Job

Meat Thermometer (A Must)

The outside temperature, wind conditions, pellet fuel variety and the altitude at which you live affect grill temperatures. The hood thermometer is only an approximate temperature and should be used as a guide only. The best way to ensure your meat has come up to the proper temperature and is ready to eat is to use a meat thermometer. Purchase a good quality **instant read meat thermometer**, remembering that these are to be left in the meat for one minute, not the entire cooking time. To use, plunge the thermometer into the thickest part of the meat, making sure the tip is not touching a bone. A long-handled, long-needled thermometer is useful for large cuts of meat and poultry. Instant-read thermometers also are available in digital models, some even with a wireless, remote readout.

Tongs

Use tongs rather than a fork for turning and handling meats to avoid losing the natural juices. Extra large ones allow you to grip a variety of delicate foods and extra long handles

Basting Brush

You may need a selection of these, because you should not use the same brush in two different marinades. Used to apply your favourite sauces and marinades to foods on the grill. Again look for one with a long handle, to keep you hands away from the heat. Natural bristles that are cut at a 45* angle make it easier to baste large cuts of meat.

Spatulas / Turner

A most for turning those delicious burgers and fish filets. Again as with any grilling tools look for a long, sturdy handle and the widest blade possible. The holes in the blade prevent the build-up of steam, which could make your food soggy.

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Timer
Using a timer will help to alert you when “well-done” is about to become “over-done”.

Aluminium Foil
Extra-strength foil is always useful for grilling. Used to make foil packages, wrap smores, or to fold up into a flat dish to act as a drip pan to catch those flavourful juices that drip from the meat. Also used to speed up cooking, protect bones from burning, and to keep foods warm. Can also be used to wrap a large piece of cardboard to become a whole fish flipper.

Drip / Roast Pans
Used to prevent flare-ups, keeps food from drying out, eliminates basting, and to catch those flavourful juices that drip from the meat which is used to make the most delicious gravy ever. Various juices can also be added to the pan to impart a desired flavour, such as apple, lemon, cranberry, pineapple, any cola, etc.

Grill Baskets
Perfect for cooking foods that are difficult to handle on the grill, such as vegetables, seafood, fish and certain cuts of meats. Usually made out of nickel-plated steel these baskets are made of two identical halves being held together with hinges. Not only do they protect food, and make handling easier, but also allows for different food to be combined and grilled together without piercing the food.

Griddle
One of the most used accessories for those grill enthusiasts that enjoy cooking any foods outdoor. Use to griddle complete breakfasts, grill sandwiches, and toast fajitas. Cook all your bacon and sausages outdoors, and they’re great for grilling vegetables, stir-frying, and searing.

Cooking Racks
Nickel-plated roast racks and rib racks are a great way to increase your cooking pleasure. Roast racks can be used to enhance the convective cooking capabilities of your grill, by allowing the smoke flavoured air to move around the entire roast evenly. Rib racks are a great way to increase your capacity of your grill for those large gatherings. Can also be used for chops and chicken pieces.

Skewers (wood or metal)
Wood skewers adhere better to meat than do the metal ones. When using the wood skewers remember to soak them in water for at least 30 minutes beforehand to prevent them from burning in the heat of the grill. Another way to protect them would be to wrap the exposed ends with aluminium foil. Metal skewers should be those with flat blades or dual prong. The flat skewer is designed to prevent the food from rotating when you turn the skewer. The dual prong skewers hold all foods more securely and are ideal way to hold delicate meats and vegetables.

Metal Brush
It is important to clean your grill thoroughly before each use. A long handled brush with metal bristles is the best tool for the job. NOT for use on the Grillmate

Skillets and Woks
These baskets of course allow you to stir-grill vegetables, seafood, and other small pieces of food the same way you would if you were indoors. The holes allow the smoke and flavors to reach the food.

Grilling Tips and Techniques

Helpful Hints

Before preheating the grill, make sure it is safe, clean and hygienic.

Wipe off all stainless steel surfaces before preheating. Dirt and food stains will cook into the surface.

Ensure the ash/drip pan is clean and free from any debris and fat build-up.

Always check your pellet fuel hopper for debris and to ensure that you do not run out of pellets before finishing.

Always preheat your grill before cooking. After ignition has taken place turn your control knob to the PREHEAT setting, be sure the lid is closed and allow the grill to heat for at least 10 – 15 minutes or until the thermometer registers over 500º F.

To prevent foods from sticking, you can brush or rub cooking oil on the cast iron grills. If using a vegetable spray use it only before lighting the burn pot. Never spray the grill while there is fire in the burn pot.

Sear meats and cook with the lid down for perfectly grilled food every time.

All Louisiana Grills are designed to allow even fan forced heat circulation, so foods cook evenly on all sides. Leave at least 1” of clearance between the food and the hood for proper heat flow.

Grilling times in recipes are based on 70ºF (20ºC) weather and little to no wind. Allow more time on cold, windy days, or even for higher altitudes. Allow less time for warmer weather.

Grilling times in charts and recipes are approximate.

Large or thicker pieces of meat will require more cooking time per pound than smaller or thinner pieces.

Foods on a crowded cooking grate will require more cooking time than just a few foods.

Foods grilled in containers, such as baked beans, will require more time if grilled in a deep casserole rather than a shallow baking pan.

Use long-handled tongs for turning all meats and spatulas for turning burgers and fish. Do not use a fork for turning, as it will pierce the meat allowing the flavourful juices to escape.

Determine the doneness of meats by making a small slit near the bone and checking the colour. For boneless cuts, make a slit near the centre. For thicker cuts or larger pieces of meat and poultry insert an instant-read thermometer into the centre of the largest muscle of meat or in the inner thigh or breast of poultry. Charring meat, poultry or fish is not recommended.

When grilling any meats, poultry or any food remember moisture retention is a must. Sear the outside first to lock in juices. Add salt, if needed, after cooking. Flip cuts of meat when bubbles start to appear so the moisture goes back into the meat. Sauces are best applied near the end of cooking to prevent burning. Always use tongs, not a fork.

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Food Safety Tips and Techniques

We want you to enjoy healthy and safe grill cooking, so following are some hints for basic barbecue hygiene:

Food Handling

Wash hands thoroughly with hot, soapy water before starting any meal preparation and after handling fresh meat, fish and poultry.

Use a different platter and utensils for the cooked meat than the ones you used to prepare or transport the raw meat out to the grill. This will prevent cross contamination of bacteria.

Use a different utensil for each marinade or basting sauce to prevent cross contamination.

Keep hot foods hot (above 140ºF) and cold foods cold (below 37ºF)

Do not leave hot foods out of refrigeration for more than two hours.

Cooked foods and salads should not be left out in the heat for more than an hour. Fill a deep tray or casserole dish with ice to keep salads cool and safe.

Do not defrost meat at room temperature or on a counter top. Thaw under refridgeration.

Marinate meat in the refrigerator. Bacteria are living organisms that grow and multiply rapidly in warm, moist foods.

A marinade should never be saved to use at a later day. If you are going to use it to serve with your meat, be sure to bring it to a boil before serving.

Always use a meat thermometer to determine the internal temperature of the foods you are cooking.

It's a good idea to put grilled food onto a heated platter, to help keep the food warm. Steaks benefit from resting for several minutes before serving. It allows those delicious juices that were driven to the surface by heat to ease back to the center.

Cooking for a Crowd

TIP

The number one rule for cooking for a crowd is PLANNING! The second would be to use only tried and proven recipes. Grilling should be fun and stress free. Leave new recipes for your everyday cooking.

Planning includes not only a menu, but also the complete party. Chairs, tables, dishes, utensils, entertainment, and planned or unplanned weather conditions. Rented beverage coolers, extra table and chairs, or maybe even a tent may be added conveniences to consider.

Select menu items that can be completely or partially prepared in advance – salads, condiments, casseroles, breads, baked goods, and smoked meats. Try smoking a turkey the day before for big event. A turkey will pick up more of the smoke flavour after sitting in the refrigerator over night and because of the convection cooking of your grill the meat will be just as juicy as if done straight of the grill.

Grill "time proven" classics such as burgers, chicken pieces, hot dogs or sausages – all great tasting and easy to grill.

Make a list of every food item you will be serving so that nothing will be forgotten in the rush.

Working backward from a planned serving time, decide when to start cooking each food so that everything is ready at the right time. Make a schedule for cooking foods on the grill, plus any indoor cooking.

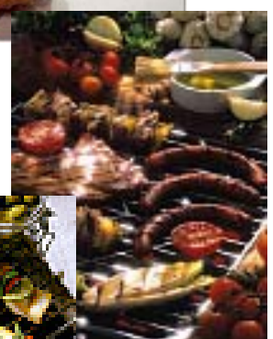
Plan for a serving dish and utensil for each food and have those items ready. Heavy-duty paper plates come in many attractive colors and patterns and will save dishwashing later. Paper or plastic beverage cups are a must if having any little ones, or young at heart, around.

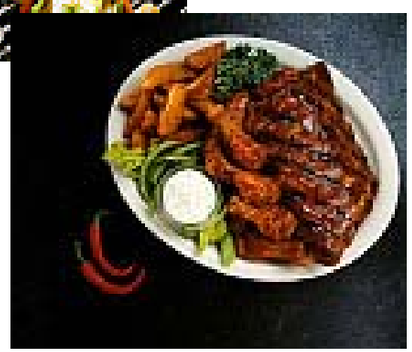
TIP

To cut down on dishwashing and using every cup in your cupboard, purchase plastic or styro-foam cups. Have your quests create their own personalized decorated cup using markers, crayons and a little creativity.

Grill the meat or entrée at the specific recipe temperature, making adjustments with vegetables, side dishes and breads if necessary.

Better yet, let everyone lend a hand, bring a favorite side dish, serve buffet, and have a great time at your own party!





Appetizers & Soups

Individual Pizzas

Seafood Appetizers

Potato Skins

Nachos

Wiener Bites

Cheese Stuffed Mushrooms

Bruschetta

Golden Crispy Mexi Fries

Grilled Chicken Quesadillas

Grilled Sausage Rolls

"Cackalacky" Chicken Lollipops

When baking, place a nickel coated rack between the cast iron grills and the baking pan to stop direct heat contact.

Individual Pizzas

Makes 4 pizzas

1	1 Pound	Frozen White Dough
		Garlic Flavoured Olive Oil
1/2	Jar	Pizza Sauce
1	Pound	Mozzarella Cheese (shredded)
		Oregano
½	Pound	Pepperoni (thinly sliced)
1	Small	Mushroom (sliced, drained)
1	Ounces	Parmesan Cheese

Suggested Backwoods Wood Pellet Flavor: Alder or Apple
Preheat barbecue on PREHEAT then reduce to MEDIUM

Thaw the frozen white bread dough and let rise as directed on package. Divide dough into fourths and flatten each fourth with fingers and palms until it is quite thin. Brush both sides with oil and place each fourth between 2 pieces of waxed paper. Prepare topping ingredients and place near grill. Remove waxed paper and place dough on cooking grid. Cook until topside is slightly puffer and outside had grid marks and is crisp, about 3 to 4 minutes.

Remove dough from the grill and apply topping; place them on a piece of aluminium foil with the grilled side up. Brush with pizza sauce and scatter cheese over the sauce. Top with green onion, roasted red pepper strips, mushrooms and pepperoni. Sprinkle with oregano and parmesan cheese. Use a spatula to place pizzas back on the cooking grill with cheese and toppings side up. Cook until cheese melts and bottoms are browed, about 3 to 4 minutes.

TIP! ***You can save time by using the pre-made pizza shells available at your local bakery. Because of individual taste, it is best to use smaller size shells, and layout a variety of toppings, buffet style.***

VARIATION: A variety of ingredients may be used on the pizzas. Use choice of: roasted red, green, orange and yellow bell peppers, goat cheese, thinly sliced partially cooked onions, Cooked mild Italian sausage, ground beef, crisp bacon pieces or chicken chunks. Sliced Black Olives. Fresh Herbs. Marinated artichoke hearts, drained, cut into quarters. Chopped fresh tomatoes. Pepperoni. Thinly sliced avocado. Anchovies. Shrimp.

SEAFOOD APPETIZER

Makes 2 – 3 servings

6	Medium	Shrimp (shelled and deveined)
6		Scallops
6	Firm	White Fish Fillets (cut in chunks)
9		Bacon Slices (cut in half crosswise)
18		Mushroom Caps

Suggested Backwoods Wood Pellet Flavor: Hickory, Mesquite or Apple
Preheat barbecue on PREHEAT then reduce to MEDIUM / HIGH

Wrap shrimp, scallops and fish chunks in bacon. Onto each skewer (pre-soak wooden skewers 30 minutes) thread 1 mushroom cap followed by shrimp, scallop, fish chunk and second mushroom cap. Cook over medium-hot grill until fish is cooked and bacon crisp. About 10 minutes.

Serve with your favourite seafood dip or tartar sauce.

Potato Skins

Makes 2-4 servings

4	Medium	Baking Potatoes (baked and cooled)
		Butter Or Margarine (softened)
		Sour Cream For Dipping
6-8	Slices	Cooked Bacon Pieces
¼	Cup	Fresh Chives (sliced)
1/3	Cup	Shredded Cheddar Cheese

Suggested Backwoods Wood Pellet Flavor: Hickory, Alder or Apple
Preheat barbecue on PREHEAT then reduce to MEDIUM

Cut potatoes into 4 lengthwise sections. Remove most of the inside potato leaving shells about ¼ inch thick. Brush both sides with the softened butter.

Place on grill over medium heat. Brown both sides. For a crisper finish don't butter the skin side. Cook butter side down first then turn and toast skin side until crisp. Serve sour cream and top with cheese, bacon, and chives.

Nachos

Serves 4-6 people

1	Package	Restraunt style Nacho chips
1 1/4	Cups	Monterey Jack Cheese (grated)
1 1/4	Cups	Mild Cheddar Cheese (grated)
6		Bacon Slices (cooked and crumbled)
4	Ounces	Canned Green Chillies with Juice
3		Green Onions (sliced)
		Sour Cream for Dipping

Suggested Backwoods Wood Pellet Flavor: Hickory, Alder or Apple
Preheat barbecue on PREHEAT then reduce to MEDIUM / LOW

On 6 squares of foil put corn chips in 6 inch circles. Crowd chips together. You should see very little foil, if any, under the chips. If you would rather, chips may be grouped all together in on large piece of foil. Sprinkle each circle with the next 5 ingredients divided among them.

Place on grill over medium-low heat. Close lid. Heat until cheese is melted and nachos are hot. Watch closely as they burn easily. Have sour cream handy for dipping.

Wiener Bites

Makes 48

8	5" lond	Wieners, (All Beef, or Ball Park Franks)
12	Slices	Wide Cut Bacon
		Assortment of Condiments

Suggested Backwoods Wood Pellet Flavor: Hickory, Mesquite or Alder
Preheat barbecue on PREHEAT then reduce to MEDIUM

Cut each wieners into 6 bite size pieces.

Grill bacon slices until fat part has lost its whiteness. Do not grill until crisp or it won't roll. Cut each slice in half crosswise then again lengthwise. When cool enough to handle wrap bacon around the wiener section. Place 4 to 5 wrapped pieces per wooden skewer, that have been soaked in water for at least 30 minutes. Leave ½" between sections.

Place on grill over medium heat, grilling until sizzling hot. Have plenty of mustards and ketchup on hand.

Cheese Stuffed Mushrooms

Serves 4-6 people

18	Large	Mushrooms
¼	Cup	Butter or Margarine
1/3	Cup	Onion (finely chopped)
		Mushroom Stems
½	Cup	Dry Bread Crumbs
¼	Cup	Crumbled Blue Cheese
1	Teaspoon	Parsley Flakes
¼	Teaspoon	Seasoning Salt
		Grated Cheddar Cheese For Garnish

Suggested Backwoods Wood Pellet Flavor: Hickory, Alder or Apple
Preheat barbecue on PREHEAT then reduce to MEDIUM / LOW

Gently twist stems from mushrooms. Reserve Stems. Melt butter in aluminum foil pie pan. Add onion and chopped stems. Sauté until onions are soft and clear. Remove from heat. Add breadcrumbs, blue cheese, parsley and seasoning salt. Stir. Stuff mushroom caps. Put a few shreds of cheddar cheese on top for colour.

Cook on medium, grill until soft and hot, about 10 minutes.

Bruschetta

Serves 4-6 people

2	Tablespoons	Olive Oil
1	Clove	Garlic (minced)
½	Teaspoon	Salt
½	Teaspoon	Black Pepper (freshly ground)
1	Tablespoon	Fresh Rosemary (chopped)
16	Slices	Bread
½	Cup	Balsamic
½	Cup	Olive Oil
1	Clove	Garlic (minced)
½	Teaspoon	Salt
½	Teaspoon	Pepper
4	Cup	Tomatoes (seeded and chopped)
1/3	Cup	Fresh Basil (chopped)

Suggested Backwoods Wood Pellet Flavor: Hickory, Alder or Apple
Preheat barbecue on PREHEAT then reduce to MEDIUM / LOW

For the garlic bread combine olive oil, garlic, salt, pepper, and rosemary. Brush on both sides of the bread, and grill the bread about 1 minute per side on medium. Remove to a platter.

Meanwhile, whisk together the vinegar, olive oil, garlic, salt and pepper. Toss the tomatoes in this mixture, then spoon over the prepared bread, and sprinkle with chopped basil.

Golden Crispy Mexi Fries

1	1lb bag	Frozen Potato Tater Totts
1	Pouch	Taco Season Mix

Suggested Backwoods Wood Pellet Flavor: Hickory, Mesquite or Alder
Preheat barbecue on PREHEAT then reduce to MEDIUM

Place on oiled grill, over medium heat, filling every second grill slot. While grilling just turn potato to next grate opening. grilling until crisp and sizzling hot. Sprinkle on season mix. Serve hot with sour cream, grated cheddar cheese, or chives.

www.louisiana-grills.com LOUISIANA GRILLS WOOD PELLET BARBECUES

GRILLED CHICKEN QUESADILLAS

Serves 4-8 people

8	10”	Flour or Corn Tortillas
2	Tablespoons	Virgin Olive Oil
2	Cups	Grilled Chicken Breast (or pieces), Cubed or slices
1	Cup	Hot Salsa
3 to 4	Fresh	Green and/or Red Jalapeno Peppers, thinly sliced
4	Cups	Jack and/or Cheddar Cheese, grated
4		Green Onions, diced

Suggested Backwoods Wood Pellet Flavor: Hickory or Apple
Preheat barbecue on PREHEAT then reduce to SMOKE or LOW

Combine salsa, peppers and green onion in a small bowl. Place tortillas on a work surface. Gently spoon salsa mixer on half of each tortilla. Top with chicken, and grated cheese. Fold the tortillas in half. The quesadillas can be prepared up to this stage and stored in the refrigerator for several hours. Wrap tightly with plastic until ready to grill.

Place the quesadillas directly on the cast iron grill, and grill about 3 minutes per side, checking the bottom frequently. Be prepared to move if they start to burn. Brush the outside of each quesadillas with the olive oil as it grills. Serve at once either whole or cut into wedges.

TIP! ***Sates are fun to eat, not only because they’re so small but the flavours are varied and intense.***
Soak all wood skewers in cold water for at least 1 hour before using.

GRILLED SAUSAGE ROLLS

Serves 4-8 people

16	Skinless sausages
1	Pie Crust or puff pastry, your own or a mix

Suggested Backwoods Wood Pellet Flavor: Alder or Apple
Preheat barbecue on PREHEAT then reduce to MEDIUM / LOW

Grill sausages slowly to remove fat and to cook through.

Roll out pastry on floured surface. Lay a sausage on outer edge. Trim edge even. Cut strip the width of a sausage. Roll sausage up in the pastry, allowing extra for overlap, and cut pastry. Dampen overlap with water to seal. Cut wrapped sausage in half and place on ungreased foil pan or cookie sheet.

Place in a PREHEATED grill that has been turned down to MEDIUM heat, and bake for about 15 to 20 minutes until browned. Serve Hot.

TIP! ***When baking, do not place cookie sheet or bake pan directly on the cast iron grills. The cast iron grills hold heat and transfers this directly to the bottom of the sheet. Place a nickel plate cookie cooling tray between the grill and the baking pan and let the convection cooking do the rest.***

Cackalacky Chicken Lollipop

(used with permission by Cackalacky Inc. www.cackalacky.com)

What is a “Chicken Lollipop”?

A Cackalacky Chicken Lollipop is a “French-Cut” chicken drumette that is wrapped in bacon and grilled to perfection.

Serves 2 – 4 people

12 - 24		Chicken Drumettes
12 – 24	Slices	Uncooked Bacon
12 - 24		Wooden Toothpicks
		Cackalacky “Chicken Charger “Seasoning
		Cackalacky Sauce

Suggested Backwoods Wood Pellet Flavor: Hickory or Mesquite
Preheat barbecue on PREHEAT then reduce to MEDIUM

French-cut chicken wing drumettes, simply by cutting the skin and tendons around the base of the drumette. (see picture)

Push chicken meat up into a ball – forming a “lollypop-like” shape. Wrap the ball of chicken meat with a strip of regular bacon. Then secure with a sturdy toothpick.

Season generously with a sprinkling of “Cackalacky Chicken Charger” seasoning.

Place lollipops in the “Cackalacky Drummy Device” or you can place the lollipops with the chicken ball facing the cast iron grills and the chicken bone facing upwards. For maximum flavor and tenderness, slow-roast or hot smoke the lollipops at approximately 225 deg F. for approximately 2 hours. If you just can’t wait you can also increase the heat of your grill to medium heat (325 – 350) and grill for approximately 45 minutes.

When the bacon is crisp and the juices “run clear” from the chicken, the lollipops are just about done. If you wish you can smother the lollipops in your favourite sauce and finish cooking for another 15 minutes allowing the sauce to caramelize.

When the internal temperature reaches approximately 185deg F. and the sauce has begun to caramelize, the Cackalacky Lollipops are done!

VARIATION: If you are feeling really hunger and adventurous, try this recipe with chicken drumsticks to make HUGE Cackalacky Lollipops!

TIP! ***Cooking time may vary for certain cuts of chicken. Always be sure to use a probe thermometer for an accurate internal temperature reading.***

Meats

Grilling Guide

Blue Cheese Steak

BBQ Ribs

Memphis Style
Beef Ribs

Prime Rib of Beef

A “Classic” Brisket

Beef Fijitas

Mom’s Juicy Hamburgers

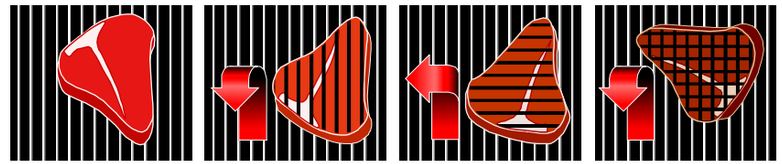
Sausage with Mango
and Fennell Chutney

Do not place cooked meats on the same plate that raw meat was placed on, without cleaning throughly with warm soapy water.

Meat Grilling Guide

Follow the diagrams for that perfect “Steakhouse”diamond patten.

Preheat grill for 10 min.
Brush grills with olive oil
Follow directions
Test for completness



Place steak on hot grill. | Flip steak over at a 180 degree angle. | Flip steak over at a 90 degree angle. | Flip steak over at a 180 degree angle.

	Thickness			Heat	Time Per Side				Total
	1 ½”	1”	¾”	Setting	A	B	C	D	Time
Note: Bone in Cuts take slightly Longer.			Rare	HIGH	1 3/4	1 3/4	1 3/4	1 ¾	7
		Rare	Med/Rare	High	2	2	2	2	8
	Rare	Med/Rare	Medium	High	2 1/2	2 1/2	2 ½	2 ½	10
	Med/Rare	Medium	Med/Well	High/Med	3	3	3	3	12
	Medium	Med/Well	Well	High/Med	3 ½	3 ½	3 ½	3 ½	14
	Med/Well	Well		High/Med	4	4	4	4	16

Times may be affected by wind, outdoor temperature, and thickness or temperature of meat prior to cooking.

Beef

Sear: Preheat/High Grill: Medium

Cut	Size	Heat	Approximate Cooking Time Internal Temp. Rare - 150*F Medium – 160º F Well Done – 170ºF
Steak (New York, Porterhouse Rib-eye, Sirloin, T- bone, or Tenderloin)	¾” 1” 1 ½” 2”	High	Sear 8 – 10 minutes Sear 10 –12 minutes Sear 10 minutes, grill 8 –10 minutes Sear 10 minutes, grill 10 – 14 minutes
Skirt Steak	¼” – ½”	High	5 – 7 minutes
Flank Steak	1-1 ½lbs., ¾”	Med	Sear 4 minutes, grill 8 – 10 minutes
Kabob	1 – 1 ½” cubes	Med	10 – 12 minutes
Tenderloin, whole	3 ½ - 4 lbs.	High/Med	Sear 10 minutes, grill 15 – 30 minutes
Ground Beef Patty	¾”	High/Med	Sear 4 minutes, grill 4 – 6 minutes
Rib-eye Roast, boneless	5 – 6 lbs.	Med	1 ½ -2 hours
Tri-tip Roast	2 – 2 ½ lbs.	High/Med	Sear 10 minutes, grill 20 – 30 minutes
Rib Roast	12 –14 lbs.	Med	2 ½ - 23/4 hours
Veal Loin Chop	1”		10 – 12 minutes Direct/Medium

Pork - Steaks and Chops

Sear: Preheat/High Grill: Medium

Cut	Thickness	Approximate Cooking Time Internal Temp. Medium – 160*F Well Done – 170*F
Blade Steak	½"	10 –12 minutes Direct/Medium
Chop (loin, rib)	¾ - 1" 1 ¼ - 1 ½"	10 – 15 minutes Sear 8 minutes, Grill 6-10 minutes

Pork - Roasts

Preheat Grill Roast: Medium

Place meat, fat side up, on the cooking grate. Grill for time given in chart or until thermometer registers desired internal temperature.

Cut	Thickness/ Weight	Precooked to Reheat 140*F	Medium 160*F	Well Done 170*F
Ham – Fully Cooked	1"	12 minutes	--------	--------
- Boneless Portion	3 – 4 lbs.	50 minutes–1 hour	--------	--------
	4 – 6 lbs.	1 – 2 hours	--------	--------
- Smoked Picnic	5 – 8 lbs.	1 – 2 ½ hours	--------	--------
- Whole, bone-in	10 – 12 lbs.	2 – 2 ¾ hours	--------	--------
Loin Roast	3 – 4 lbs.	--------	1 – 2 hours	2 – 3 hours
Rib Crown Roast	4 – 6 lbs.	--------	1 ½ - 2 hours	2 – 3 hours
Ribs – Country Style, Loin, Baby Back, or Spare	3 – 4 lbs.	--------	--------	1 ½ - 2 hours
Tenderloin	¾ - 1 lbs.	--------	20 – 30 minutes	30 – 45 minutes
Loin Roast, boneless	3 – 5 lbs.	--------	1 ¼ - 1 ¾ hours	1 ¾ - 2 ½ hours
Sausage	--------	--------	--------	25 – 30 minutes

Lamb - Chops

Sear: Preheat/High Grill: Medium

Grill for the time given in the chart or until desired doneness, turning once halfway through cooking time

Cut	Thickness	Approximate Cooking Time
Loin, Rib, Shoulder, Sirloin	¾ - 1 ¼"	8 – 12 minutes

Lamb - Roasts

Preheat Grill Roast: Medium

Place meat, fat side up, in center of the cooking grate. Grill indirect for the time given in the chart or until thermometer registers the desired internal temperature.

Cut	Weight	Approximate Cooking Time Internal Temp. Medium – 160*F
Leg of Lamb, butterflied	4 lbs.	55 – 65 minutes
Leg of Lamb – Boneless, Rolled	5 – 7 lbs.	2 ¼ - 3 hours
- Whole	5 – 7 lbs.	2 – 2 ½ hours
Rib Crown Roast	3 – 4 lbs.	1 – 1 ¼ hours

** Times may be affected by wind, outdoor temperature, and thickness or temperature of meat prior to cooking.

Meats

Blue Cheese Steak

Makes 4 servings

4		T-bone Steaks (1" thick; about 10-12 ounces each)
4	Ounces	Crumbled Blue Cheese
¼	Cup	Green Onions and Tops (thinly sliced)

Suggested Backwoods Wood Pellet Flavor: Hickory or Alder

Preheat barbecue on PREHEAT .

Trim excess fat from the beefsteaks and discard. Brush cast iron grate with olive oil. Place steaks on cooking grating. Sear on each side while still on PREHEAT. See diagram in the Cooking Guide section for the perfect "steak house" look.

Reduce heat to Medium, turn the steaks for final time, combine cheese and onions and sprinkle over steaks, cover and grill until desired doneness. Check doneness by cutting a slit in meat near the bone.

TIP ***You can make use of the ever growing selection of commercially prepared seasons, rubs or sauces, but with the flavor produced with a wood pellet grill you will find you may reduce or not use any. Give it a try, you will taste the difference!***

BBQ Ribs

Makes 4 – 6 servings

3-4	Pounds	Ribs – Meaty pork spareribs or loin back ribs
3	Tablespoons	Oil
1	Tablespoon	Salt
½	Teaspoon	Red Pepper
½	Teaspoon	Black Pepper
2	Chopped	Onions
2	Tablespoons	Vinegar
2	Tablespoons	Worcestershire Sauce
¾	Cup	Coca-Cola
1	Teaspoon	Paprika
1	Teaspoon	Chilli Powder

Suggested Backwoods Wood Pellet Flavor: Hickory, Apple or Alder

Preheat barbecue on PREHEAT then reduce to MEDIUM-HIGH.

Prepare spareribs by peeling off tough layer of skin on back side. Sprinkle the ribs with salt and pepper.

Mix the remaining ingredients to make a marinade. Pour the marinade and the ribs in a covered dish or zip lock type bag and place in refrigerator for at least 4 hours or overnight. Remove the ribs from the marinade. Place marinade in a saucepan and bring to a boil for at least 5 minutes. Allow the ribs to stand at room temperature for 20 – 30 minutes before grilling.

Brush grate with olive oil. Place ribs on preheated grill and sear on both sides for approximately 3 minutes. Reduce temperature to Medium and continue grilling for another 1 to 1/12 hours or until tender. Baste with boiled marinade for the last 20 minutes of cooking time.

Also Good For: pork chops, chicken tenders, or beef on a stick.

Memphis-Style Beef Ribs

Makes2-4 servings

2	Racks	Beef Ribs (2 ½ -3 lbs. each)
3	Tablespoons	Sweet Paprika
2	Teaspoons	Hot Red Pepper Flakes
2	Teaspoons	Mustard Seeds
3	Teaspoons	Course Salt
2	Teaspoons	Fresh Ground Pepper
2	Teaspoons	Brown Sugar
1	Teaspoon	Celery Salt
1	Teaspoon	Garlic Powder
1	Teaspoon	Onion Powder
1	Teaspoon	Oregano
1	Teaspoon	Cumin
1	Cup	White Vinegar

Suggested Backwoods Wood Pellet flavor: Hickory or Alder
Preheat barbecue on PREHEAT then reduce to MEDIUM

Rinse the ribs under cold running water and then drain and blot dry with paper towel. Combine the paprika, hot pepper flakes, mustard seeds, 2 teaspoons coarse salt, pepper, brown sugar, celery salt, garlic powder, onion powder, dried oregano, and cumin in a small bowl or spice shaker. Put 2 tablespoons aside for the sauce. Sprinkle 1 tablespoon of the rub on the meat side and ½ tablespoon on the bone side of each rack of ribs. Rub the spices on with your fingers. Save remaining rub for serving. Let the seasoned ribs sit for 30 minutes while you make the sauce and preheat the grill.

Combine the vinegar and remaining salt and rub in a small bowl and stir until the salt is dissolved.

Place the ribs in the center of the hot cast iron grate after brushing it with olive oil. Cook with the lid down for 1-1 ½ hours When the ribs are cooked, they will be brown, tender enough to pull apart with your fingers and the meat will have shrunk back from the ends of the bones.

Transfer the cooked ribs to a clean cutting board. Brush or mop on both sides with the sauce and sprinkle with the remaining rub. Cut into individual ribs and serve with any remaining sauce.

Also Good For: Spare Ribs or Baby Backs

Prime Rib of Beef

Makes 10-12 servings

1	10 lb.	Prime Rib of Beef, rolled and tied
5	Cloves	Garlic – Slivered
¼	Cup	Your favorite prepared BBQ Rub

Suggested Backwoods Wood Pellet Flavor: Hickory or Alder
Preheat barbecue on PREHEAT then reduce to Medium

Using the tip of a knife, make slits in the prime rib and insert the slivers of garlic into these slits. Sprinkle the rub over the entire roast, patting it onto the meat with your fingertips.

Place roast, fat side down, directly in the center of the hot, oiled grate. Sear for 3-4 minutes, the turn roast fat side up, turn grill down to MEDIUM. Grill until done to taste: about 1 ½ to 2 hours for rare (125ºF on an instant-read thermometer), about 2 to 2 ½ hours (145ºF) for medium-rare, and 2 ½ to 3 hours (160ºF) for medium. Remember the roast will continue cooking even after it comes off the grill.

Transfer the roast to a platter or carving board and cover loosely with aluminum foil. Let roast rest for 15 minutes before carving and serving.

A "Classic" Brisket

Makes 4 – 6 servings

A whole beef brisket weighs16 to 18 pounds and has three separate parts: the cap, the point, and the flat. Use the "Flat" section as it is lean, compact and produces handsome slices when you carve it.

1	5 to 6 lbs.	Beef Brisket – "Flat" portion with a layer of fat at least ¼" thick
1		Bottle of Chili Sauce
1	Package	Dry Onion Soup Mix
1	Can	Coca-Cola® Classic
½	Teaspoon	Black Pepper

Suggested Backwoods Wood Pellet Flavor: Hickory,
Preheat barbecue on PREHEAT then reduce to SMOKE or LOW.

Score the underside of the brisket against the grain, so you will know how to slice it after cooking. Combine all the ingredients in an open aluminum foil pan. The pan keeps the meat from drying out by collecting the fat, and juices, which you use to baste the meat. If you have the time let the cover the brisket and place in the refrigerator for 4 – 6 hours.

Place the brisket, fat side up, in the center of the preheated grill. Close the grill lid, and set temperature to LOW-MEDIUM. Grill until tender, about 3-4 hours. (time will depend on size of brisket and heat of grill).

Baste the brisket with the drippings and juices at least one every ½ hour for the first 3 hours. You may have to add another can of Coca-Cola® or a little water to keep the pan from drying up.

Test for doneness, use an instant-read meat thermometer: the internal temperature should be about 170*F. You should be able to pull the meat apart with your fingers.

Transfer the finished brisket to a cooking board and let rest for 10 minutes. Thinly slice across the grain. Transfer meat to serving platter and pour the pan juices on top.

Beef Fajitas

Makes 10 fajitas

1- 1 1/2	Lbs.	Skirt or Blade Steaks
1	Package	Prepared Fajita or Taco Seasoning
2		Limes
1 each	Whole	Green, Red, Yellow and Orange Bell Peppers
1	Large	Spanish or Purple Onion cut in ring slices
2	Tablespoons	Virgin Olive Oil
10-18	7 inch	Flour Tortillas
		Sour Cream, Salsas, TexMex Garnishes

Suggested Backwoods Wood Pellet Flavor: Hickory or Alder
Preheat barbecue on PREHEAT then reduce to Medium

Sprinkle steaks with the spice mixture. Rub the spices in the meat, then squeeze fresh lime juice over the steaks to marinate them. Let marinate in the refrigerator for 30 minutes to an hour, covered.

While steaks are in the fridge, place the bell peppers on the hot grill and grill until charred on all sides, using tongs to turn. Approximately 15-20 minutes. Transfer peppers to a cutting board, wrap in wet paper towels, and let cool. Place sliced onions and olive oil in an aluminum foil pan and grill till tender. Unwrap peppers and peel off the burnt skin with your fingers. Cut the flesh off the core, scrape out the seeds, and cut into ¼" strips. Place peppers and onion on a serving platter.

Place steaks on the hot grill and cook to your taste. Cut a slit in the steak to check for doneness. Transfer finished steak to a clean cutting board and let rest 3 minutes. Using a sharp knife cut each steak thinly across the grain. Arrange the slices on the platter with the peppers and onion.

Place Tortillas on the hot grill for 15 seconds per side. Place them in a serving basket.
Allow each guest to assemble their own, customizing the ingredients to suit their tastes.

Mom's Juicy Hamburgers

Makes 4 – 6 servings

2	Lbs.	Ground Beef or Buffalo
2	Teaspoons	Salt
½	Teaspoon	Fresh Ground Pepper
2	Whole	Eggs, room temperature
2	Cups	Dried, Fne Bread Crumbs, or Crushed Soda Crackers
½	Cup	Prepared BBQ Sauce
6-8		Hamburger or Kaiser Buns
2	Tablespoons	Melted Butter

Suggested Backwoods Wood Pellet Flavor: Hickory or Alder
Preheat barbecue on PREHEAT then reduce to MEDIUM.

Combine all the ingredients in a mixing bowl and blend together. Don't forget to wash your hands after mixing rare meat. Divide the meat into portions, and gently shape into patties similar in shape and size to the buns you will be serving. Keep the patties about ¾" thick.

Oil the cast iron grate(s) generously with olive oil to avoid sticking. Place patties on the grill, and reduce heat to medium. Grill approximately 6 minutes per side, taking care not to press down on the meat. Test for doneness, use an instant-read meat thermometer: the internal temperature should be above 160ºF.

Brush the buns with the melted butter and toast them on the grill, 30 seconds to 1 minute.

VARIATION: Add your favourite cheese, slices or crumbled, during the last 2 minutes of grilling.

TIP ***Most people are watching their fat intake these days, but in the case of hamburgers, you will find a slightly fattier meat makes for a moister burger. For a super tasting and lean alternative try ground buffalo..***

Sausage with Mango and Fennel Chutney

Makes 4 – 6 servings

2		Mangoes (finely chopped)
2	Pounds	Italian Sausage
2	Teaspoons	Fresh Parsley (minced)
1	Tablespoon	Red Pepper (diced)
2	Teaspoons	Honey
½		Red Onion (diced)
½	Bulb	Fennel (diced
1	Teaspoon	Lime Juice
	Pinch	Salt

Suggested Backwoods Wood Pellet Flavor: Hickory or Alder
Preheat barbecue on PREHEAT then reduce to LOW-MEDIUM

Prepare the barbeque by preheating on high and brushing grids with oil. Brush cast iron grate with olive oil. Place sausage on the grill and reduce heat. Cook at low setting approximately 10 minutes per side.

Combine remaining ingredients for chutney. Chill until ready to serve. Slice the grilled sausage on the diagonal and serve with chutney.

Sirloin Steak with Sweet Onion and Peppers

Makes 4 servings

2	1 lb.	Bones Top Sirloin Steak, 1" thick, cut into 4 pcs
2	Teaspoons	Seasoning Salt or your favourite rub
5	Cups	Sweet Onion, coursed chopped
2	Peppers	Red, Yellow, Orange or Green Bell Pepper, coursed chopped
4	Teaspoons	Soy Sauce
4	Teaspoons	Virgin Olive Oil

Suggested Backwoods Wood Pellet Flavor: Hickory, Mesquite or Alder
Preheat barbecue on PREHEAT then reduce to PREHEAT / HIGH.

Sprinkle both sides of the steaks with the seasoning salt or rub. Cover and refrigerate at least 1 hour.

Place onion and bell peppers on a large piece of heavy-duty foil. Drizzle with soy sauce and 2 teaspoons of olive oil; sprinkle with salt. Seal the foil packet completely. Place the packet on the grill, at medium heat for 10 – 15 minutes or until vegetables are soft and tender. (Test for doneness by poking a small sharp knife through the foil). Remove from grill but keep covered.

Oil the cast iron grate(s) generously with olive oil to avoid sticking. Place steaks on cooking grating and sear on each side while still on PREHEAT. See diagram in the Cooking Guide section for the perfect "steak house" look. Test for doneness, use an instant-read meat thermometer or cut a slit in the meat to check color.

Place steaks on serving plates and top with warm onion-pepper mixture.

TIP ***To seal foil wrap packages completely, always foil the edges together first, then fold the edges together two or three more times. This not only locks in the steam but also holds in all the juices while flipping the packet over..***

Leg of Lamb

Makes 6 - 8 servings

1	8 – 10 lb.	Whole Leg of Lamb
2	Teaspoons	Fresh Mint

Suggested Backwoods Wood Pellet Flavor: Hickory, Mesquite or Alder
Preheat barbecue on PREHEAT then reduce to MEDIUM.

Cut off excess fat, but not all of it. Sprinkle both sides of the lamb with the mint. Cover and refrigerate at least 1 hour.

Oil the cast iron grate(s) generously with olive oil to avoid sticking. Place lamb leg on cooking grating and sear on each side while still on PREHEAT then reduce to MEDIUM. After the lamb as been on the grill for 2 hours, switch to SMOKE mode for an hour.

Finally switch back to MEDIUM, bring internal temperature to 160ºF. Total cooking time should be approximately 20 minutes per pound. Test for doneness using an instant read meat thermometer into the thickest part of the leg, making sure not to touch a bone. Allow the meat to rest for 10-15 minutes, slice and serve with fresh mint.

Fish & Seafood

Grilling Guide

Shrimp Kabobs with Curry Butter

Bacon Basil Shrimp on a Stick

Grilled Salmon and Ginger Sauce

Whole Salmon with Lemon and Dill

Grilled Lobster

Spiny Lobster with Cilantro and Lime

Rosemary Grilled Scallops

Oysters with Wasabi Whipped Cream

Rule of thumb when cooking fish is 10 minutes per inch of thickness.

Seafood Grilling Guide

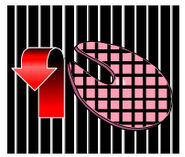
Follow the diagrams for that perfect diamond patten.

Preheat grill
Brush grills with olive oil
Follow directions
Test for completness

Place salmon on hot grill.

Flip salmon over at a 180 degree angle.

Flip salmon over at a 90 degree angle.


Flip salmon over at a 180 degree angle.

Comments		Heat Setting	Time Per Side A	B	C	D	E	Total Time
Fresh Salmon Fillets ¾”	Place filets on the oiled grill skin side Down for 1 ½ minutes. Gently remove filet from skin and turn four more times every 1 ½ minutes.	Medium	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	7 ½ minutes
	For larger filets turn twice at 3 minute Intervals to avoid falling apart.	Medium	1 1/2		3		3	7 ½ Minutes

Fish Fillets and Steaks

	Thickness	Heat	Minutes	Comments
Fish Fillet	¼ - ½”		3 – 5	Fish is cooked when it becomes
Fish Steak	½ - 1”	Medium	5 – 10	opaque and flakes easily with a fork.
Fish Kabobs	1” cubes		5 – 10	If frozen, add 10 minutes per inch.

Whole Fish

	Weight	Heat	Minutes	Comments
Fish, whole	1 lb.		15 – 20	Fish is cooked when it becomes
	2 – 2 ½ lbs.	Medium	20 – 30	opaque and flakes easily with a
	3 lbs.		30 – 45	fork.

Seafood

	Weight	Heat	Minutes	Comments
Lobster tails	5 oz.		5 – 6	Place meaty side up on cooking grate.
	10 oz.		10 – 12	Cook until opaque & starts to separate from the shell.
Shrimp			2 – 5	Should be pink and opaque when cooked.
Scallop			3 – 6	Should be white and feel firm, not hard.
Mussel			5 – 6	Discard any that do not open after
Clam			8 – 10	grilling time.
Oyster			3 - 5	

** Times may be affected by wind, outdoor temperature, and thickness or temperature of meat prior to cooking.

Shrimp Kabobs with Curry Butter

Makes 4 servings

2	Pounds	Large shelled, deveined shrimp
		Curry Butter (see recipe below)
		Olive Oil
		Lime or Lime Wedges
		Fresh Dill or Parsley Sprigs

Suggested Backwoods Wood Pellet Flavor: Mesquite or Alder
Preheat barbecue on PREHEAT then reduce to MEDIUM

Soak wooden skewers in water for 1 hour.
Prepare shrimp by gently pulling the shells away, and removing the vein with a paring knife.
Make curry butter. Thread shrimp on six 12" skewers, leaving space between pieces. Lightly brush or spray the shrimp with olive oil.

Grill until shrimp turn pink and are tender, 2 to 5 minutes, depending upon size (do not overcook). Turn skewers of shrimp once and brush with curry butter halfway through cooking time. Arrange grilled shrimp on serving plate. Garnish with lime wedges and dill.

Curry Butter

½	Cup	Butter
2	Tablespoons	Finely chopped onion
1	Teaspoon	Snipped fresh dill
1 – 11/2	Teaspoon	Curry powder
	Dash	Garlic powder

Melt butter in small pan over Medium-High heat. Stir in onion, dill, curry powder and garlic powder; cook 5 minutes. Makes about ½ cup. Use as a dip with any seafood.

***TIP** To skewer a peeled and deveined shrimp so that it is straight, hold it in a stretched-out position with one hand. Start at the tail end and insert a bamboo or wooden skewer into the shrimp so that it runs the full length. Keep unbending the shrimp with your fingers as you go.*

Bacon Basil Shrimp On A Stick

Makes 4 – 6 servings

24	Jumbo / Extra Large Shrimp (peeled and deveined)
24	Fresh Basil Leaves
24	Thin Slices of Bacon

Suggested Backwoods Wood Pellet Flavor: Mesquite or Alder
Preheat barbecue on PREHEAT then reduce to MEDIUM

Soak wooden skewers in water for 1 hour.
Rinse the shrimp under cold running water and then drain and blot dry with paper towel. Skewer the shrimp. Place a basil leaf on the back of each shrimp. Wrap each shrimp in a slice of bacon, starting at the top and turning the skewer to wind it on.

When ready to cook, arrange the shrimp on the hot grate, placing a folded sheet of aluminium foil under the exposed portion of the skewers to keep them from burning. Grill kabobs until the bacon is nicely browned and the shrimp are cooked through, 4 to 8 minutes in all, turning the kebobs to ensure even cooking. The shrimp will be firm and white when cooked through. DO NOT OVERCOOK!

Also Good For: Grill scallops, chicken tenders, or cubes of pork, veal, or beef on a stick.

Grilled Salmon with Ginger Sauce

Makes 2 servings

2	8 Ounce	Salmon Fillets
3	Tablespoons	Dry Sherry
2	Tablespoons	Soy Sauce
1	Tablespoon	Sesame Oil
1	Tablespoon	Fresh Garlic (finely minced)
2	Teaspoons	Butter
¾	Teaspoons	Fresh Ground Pepper
		Lemon Slices

Suggested Backwoods Wood Pellet Flavor: Mesquite or Alder
Preheat barbecue on PREHEAT then reduce to MEDIUM

In a shallow glass dish or "zip-lock" bag, combine the sherry, soy sauce, sesame oil, and ginger. Place the fish in the marinade for 30 minutes.
Brush the grids with vegetable oil. Dot the salmon with butter, and grill on medium for 10 minutes, the skin should easily separate from the fish when it is cooked. Place the salmon on a platter, garnish with fresh lemon slices and serve.

***TIP** Fish can be placed in a wire grill basket for easier turning. Spray basket with non-stick cooking spray. Turn fish over halfway through cooking time.*

Whole Salmon With Lemon and Dill

Makes 10 to 12 servings

1	Whole	Salmon (7 to 9 pounds with head removed
1	Bunch	Fresh Dill (2 tablespoons chopped the remaining in sprigs)
2		Lemons (thinly sliced and seeded)
1	Clove	Garlic (finely minced)
6	Tablespoons	Butter (melted)

Suggested Backwoods Wood Pellet Flavor: Mesquite or Alder
Preheat barbecue on PREHEAT then reduce to MEDIUM

Cut the fins and gills off the salmon along with ragged edges on the tail by making a v-shape. Rinse the fish inside and out, under running cold water and then drain and blot dry, inside and out. Make 4 or 5 diagonal slashes to the body on each side of the fish. Stuff the cavity and slashed with the lemon slices and dill sprigs. Stir chopped dill and garlic into the melted butter. Brush the fish on both sides with some of the mixture. Season the fish generously on both sides with salt and pepper. Place the fish on aluminium foil-wrapped cardboard. Place salmon on its cardboard in the middle of the grill and cover the grill. Grill salmon until cooked through, 45 minutes to 1 hour. Baste salmon with the garlic-dill butter when you put it on the grill and then at 15 minute intervals. To test for doneness, press fish with your finger, it will break apart into clean flakes when done. Transfer the fish to a large platter; Re-season the salmon with salt and pepper.

To serve, run a knife along the backbone to separate the top fillet. Lift the bones in sections. Remove the bones and cut the fish crosswise into serving portions.

***TIP** To help get the fish on and off the grill, cut a large piece of cardboard into a long rectangle that's almost as long as the fish and almost as wide as the fish (you don't want to be able to see the cardboard). Warp the cardboard in several layers of heavy-duty aluminium foil, shiny side out to keep the fish from sticking.*

Grilled Lobster

Makes 6 servings

6	Small	Uncooked Lobster Tails (8 ounces each)
¼	Cup	Olive Oil
¼	Cup	Lemon Juice
1	Tablespoon	Fresh Dill (chopped)
	Medium	Lemons (for garnish)

Suggested Backwoods Wood Pellet Flavor: Mesquite or Alder
Preheat barbecue on PREHEAT then reduce to MEDIUM

Rinse lobsters and pat dry. Split lengthwise through back shell and lobster meat. Run a skewer through the length of the tail to prevent curling.

To prepare marinade, combine olive oil, lemon juice, dill, salt and pepper. Brush marinade onto the lobster meat with a basting brush. Place tails on grill, meat side down, for one minute. Then, using tongs turn shell side down for 8-10 minutes or until shell is red and meat is white. Remove skewers and serve with lemon wedges.

Spiny Lobsters With Cilantro And Lime

Makes 4 servings

4	Spiny	Lobster Tails (can use rock lobster)
2	Cloves	Garlic (minced)
2		Limes (cut in half
1		Scotch Bonnet Chile (cut in half and seeded
		Lemons (for garnish)

CILANTRO BUTTER BASTE

6	Tablespoons	Butter
2	Cloves	Garlic
3	Tablespoons	Chopped Fresh Cilantro

Suggested Backwoods Wood Pellet Flavor: Mesquite or Alder
Preheat barbecue on PREHEAT then reduce to HIGH

To butterfly the lobster tails use kitchen shears to make a lengthwise cut through the hard top shell. Using a chef's knife cut the tail meat in half lengthwise, slicing through the meat but not through the bottom shell. Remove the vein running the length of the tail if you can find it.

Place the lobster tails on a plate or in a baking dish. Sprinkle the lobster meat with the garlic and season with salt and pepper. Squeeze the limejuice into the Scotch Bonnet halves, and then pour the juice over the lobster meat. Let marinate in the refrigerator, covered for 30 minutes.
Prepare the cilantro butter: melt the butter in a saucepan with the garlic and cilantro over medium heat. Cook until the garlic loses its rawness, but do not let it brown, about 2 minutes. Keep warm.

When ready to cook brush oil on the grill. Brush the cut side of the lobster tails with some of the cilantro butter, place cut-side down on the grill and grill for 3 minutes to sear the meat. Invert the tails and cook cut side up until the flesh is white and firm but not dry, about 5 to 9 minutes. Brush the lobster tails twice more with the cilantro butter as they grill and again just before serving. Place the grilled lobster tails on plates or a platter and serve.

***TIP** Because the flesh of a spiny lobster is somewhat dry; use lots of butter or oil for basting.*

Rosemary Grilled Scallops

Makes 4 – 6 servings

1 ½	Pounds	Sea Scallops
28-32	Fresh	Rosemary Sprigs
10-12	Strips	Bacon (uncooked)
3	Tablespoons	Extra-Virgin Olive Oil
1		Lemon (cut into wedges for garnish)

Suggested Backwoods Wood Pellet Flavor: Mesquite or Alder
Preheat barbecue on PREHEAT then reduce to HIGH

To make skewers from the rosemary sprigs, strip the leaves off the bottom 1 ½ inches, using your forefinger and thumb.

Try Something Different: Can also use other herbs as skewers such as lemongrass or thyme branches. You can also use strips of sugar cane.

Pull off and discard the small crescent-shaped muscle from the side of any scallop that has one, Rinse the scallops under cold running water and then drain and blot dry with paper towels. Strip the bottom leaves off the rosemary sprigs. Lay a scallop flat on your work surface. Wrap a piece of bacon around it and skewer it with a rosemary sprig. Repeat with the remaining scallops. Arrange the scallops on a plate or in a baking dish. Drizzle the oil over both sides of the scallops, squeeze lemon juice over them, and season with salt and pepper. Let marinate for 15 minutes while you light the grill.

When ready to grill brush oil over the grill. Place the skewered scallops on the grill and cook until just about cooked. 2-3 minutes per side. The scallops are done when they turn white and feel firm. (but just barely; they shouldn't feel hard). Serve at once.

***TIP** Scallops are almost pure protein, so they tend to dry out when grilled. To help keep them moist, marinate them in olive oil or wrap them in bacon or thin prosciutto*

Oysters with Wasabi Whipped Cream

Makes 4 – 6 servings

2	Dozen	Large Oysters
4	Fresh	Chives, cut into ¼" long pieces
		Wasabi Whipped Cream (see sauce section)

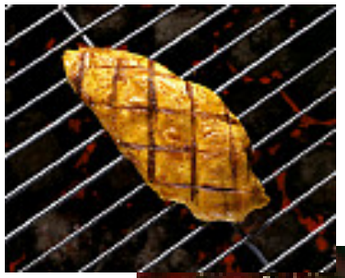
Suggested Backwoods Wood Pellet Flavor: Mesquite or Alder
Preheat barbecue on PREHEAT then reduce to MEDIUM

Scrub the oyster shells with a stiff brush to remove any grit or mud. Discard any oysters that fail to close when tapped. Place the oysters on the grill with the deeper shell down to hold in the juices. The oysters are ready to eat the moment the shells pop apart, after 5 to 8 minutes.

Transfer the oysters to a platter, discarding any that did not open. Pull off the top shells, cutting the muscle if necessary. Pull the cooked oyster of the top shell and place it on the bottom shell with the oyster juice. Discard the top shell. Place a spoonful of Wasabi whipped cream on each oyster, sprinkle with chives, and serve at once.

Also Good For: Clams and muscles

***TIP** When buying oysters check for freshness by making sure the shells are tightly closed or close when you tap the oyster a few times. Oysters should smell briny not fishy.*



Poultry

Grilling Guide

Chicken Fajitas

Turkey Teriyaki

Cornish Hens with Mandarin Rice

Smoked Whole Turkey

Grilled Chicken under Brick

East - West Buffalo Wings

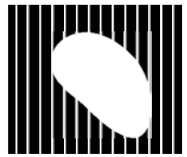
When Cooking Poultry

Use separate dishes for raw and cooked. Wash work surfaces, utensils and your hands with hot soapy water after handling raw poultry to prevent spreading bacteria to other foods.

Poultry Grilling Guide

Follow the diagrams for that perfect diamond patten.

Preheat barbecuel
Brush grills with olive oil
Follow directions
Test for completness



Place chicken on hot grill.

Flip chicken over at a 180 degree angle.

Flip chicken over at a 90 degree angle.

Flip chicken over at a 180 degree angle.

Breasts, Patties

Comments		Heat Setting	Time Per Side				Total Time
			A	B	C	D	
Chicken Breasts (6 to 8 ounces)	Place breasts on the oiled grill all facing the same direction, at a 45deg angle to the bars of the cast iron grill. Grill breasts until cooked, 4 to 6 minutes per side, rotating the breasts 90 degrees after 2 minutes.	HIGH	2-3	2-3	2-3	2-3	8 – 12 minutes Well Done 170deg F internal Temp

Pieces

	Weight	Heat	Well Done 170deg F	Comments
Chicken pieces, bone-in Breasts and Wings		Medium	30 – 40 minutes	Remove skin, if desired. Place bone side down on cast iron grill. Turn halfway through cooking time. Brush with sauce during last 10 minutes of cooking.
Chicken pieces, bone-in Legs and Thighs		Medium	40 – 50 minutes	
Turkey Breast Whole	4 – 5 lbs	Medium	60 – 90 minutes	

Whole Birds

	Weight	Heat	Well Done 170deg F	Comments
Chicken	3 ½ - 5 lbs.	Medium	1 – 1 ½ hours	Place whole bird in or over a drip pan, breast side up, on the cast iron grill. Cook to an internal temperature of 180deg F(83deg C) in the thickest part of the thigh, and 170deg F (77deg C) in the breast.
Game Hen	1 ½ - 2 lbs.	Medium	30 – 45 minutes	
Duck	3 ½ - 5 lbs.	Medium	2 – 2 ½ hours	
Quail	3 ½ - 5 lbs.	Medium	30 – 45 minutes	
Turkey, unstuffed	10 – 11 lbs.	Medium	90 – 120 minutes	
	12 – 14 lbs.		110–140 minutes	
	15 – 17 lbs.		130-160 minutes	
	18 – 22 lbs.		140 –170 minute	
	23 – 25 lbs.		150 – 180minute	

** Times may be affected by wind, outdoor temperature, and thickness or temperature of meat prior to cooking

Chicken Fajitas

Makes 4 – 6 servings

3	Whole	Chicken Breast (skinned, boned and cut into halves)
½	Cup	Vegetable Oil
¼	Cup	Red Wine Vinegar
1/3	Cup	Lime Juice
¼	Cup	Onion (finely chopped)
1	Teaspoon	Sugar
1	Teaspoon	Oregano Leaves (dried)
½	Teaspoon	Salt
½	Teaspoon	Pepper
¼	Teaspoon	Ground Cumin

Suggested Backwoods Wood Pellet Flavor: Hickory, Mesquite or Alder
Preheat barbecue on PREHEAT then reduce to MEDIUM

Rinse chicken thoroughly under running cold water; pat dry with paper towels. Wash hands with soap and water.

Mix all ingredients, except chicken breasts and tortillas, in a swallow non-metal container. Add chicken, turning to coat each side. Refrigerate, covered, 4 hours, turning occasionally. Remove chicken from marinade, place on cooking grid and cook on high for 8 minutes. Lower heat to medium and cook until chicken is cooked through, 15-17 minutes longer. Slice chicken into thin slices.

4-6		Warm Flour Tortillas
	Chopped	Tomato
	Chopped	Onion
	Sliced	Avocado
		Salsa

Place chicken slices, tomato, onion, and avocado in tortillas and roll up to eat. Serve with salsa.

Turkey Teriyaki

Makes 4 – 6 servings

32	Ounce	Frozen White Turkey Roast
½	Cup	Brown Sugar
¾	Cup	Coca-Cola® Classic
½	Cup	Soy Sauce
2	Tablespoons	Cooking Oil
2	Teaspoons	Vinegar
1	Teaspoon	Ground Ginger
1	Minced	Clove of Garlic

Suggested Backwoods Wood Pellet Flavor: Hickory, Mesquite or Alder
Preheat barbecue on PREHEAT then reduce to MEDIUM

Partially thaw the turkey roast and cut it into 12 slices. Arrange the slices of turkey in a shallow dish. For the marinade, mix the brown sugar, Coca-Cola®, soy sauce, oil, vinegar, ginger and garlic and pour over the turkey slices. Cover and chill for at least 1 hour. Drain, reserving marinade. Grill the turkey slices over medium heat about 25 minutes; turn and baste often with marinade.

TIP ***To warm floor tortillas wrap tortillas in heavy-duty aluminum foil and place on the cast iron grates. Heat about 15 minutes, on medium, turning package over once..***

Cornish Hens with Mandarin Rice

Makes 4 servings

4	Whole	Cornish Game Hens
		Mandarin Rice (Below)
		Cooking Oil
		Paprika
		Orange Marmalade

Suggested Backwoods Wood Pellet Flavor: Hickory, Mesquite or Alder
Preheat barbecue on PREHEAT then reduce to MEDIUM

Rinse Cornish hens and pat dry with paper towels.
Prepare Mandarin Rice.

Mandarin Rice

¼	Cup	Slivered Almonds
2	Tablespoons	Chopped Celery
1	Small	Green Onion And Top (thinly sliced)
2	Tablespoons	Butter
1	11 Ounce Can	Mandarin orange Segments (well-drained)
2	Tablespoons	Orange Juice (concentrate)
2	Cups	Cooked Rice

Sauté almonds, celery and onion in butter in small skillet until almonds are lightly toasted. Combine almond mixture, orange segments, orange juice concentrate and rice, tossing to a mix. Makes 3 Cups.

Stuff Cornish hens with mixture and tie legs with a string. Brush hens lightly with oil; sprinkle with paprika.

Place hens on cooking grate, If you want to catch the dripping to make gravy, place the hens in a foil pan and add enough water or juice to cover the bottom about ¼ inch thick. Grill until the stuffing reaches 165°F, the juices run clear and drumstick meat feels tender when pressed, about 45 to 60 minutes. Baste hens with orange marmalade during last 20 minutes of cooking time. Remove hens from cooking grate and arrange on serving platter.

Whole Smoked Turkey

Feeds a small army

1	Whole	Turkey 20 – 25 pounds, thawed
		Seasoning Salt
		Paprika

Suggested Backwoods Wood Pellet Flavor: Hickory, Mesquite or Alder
Preheat barbecue on PREHEAT then reduce to MEDIUM

Remove the neck and giblets. Rinse turkey thoroughly and pat dry with paper towels.

Rub outer surface of turkey with seasoning salt and paprika inside and out. Place turkey, breast side up, in center of cooking grate and grill until turkey is tender and golden brown; 11 to 13 minutes per pound or to an internal temperature of 180°F in the thickest part of the thigh and 170°F in the breast. Remove turkey from cooking grate and let stand for 10 minutes before carving.

Variation: If you like to use the drippings to make a gravy with flavour, place turkey on a cooking grill and place inside a large aluminum foil roast pan. Add approximately a ¼" of water to the bottom of the pan. You may need to add more water during the roasting period.

Grilled Chicken Under Bricks

Makes 2 servings

2	Large	Chicken Breasts (boneless, skinless)
1	Teaspoon	Course Salt
1	Teaspoon	Cracked Black Peppercorns
1\2 – 1	Teaspoon	Hot Red Pepper Flakes
1	Tablespoon	Chopped Garlic
1	Tablespoon	Chopped Fresh Rosemary
		Juice of ONE Lemon
¾	Cup	Extra-Virgin Olive Oil

Suggested Backwoods Wood Pellet Flavor: Hickory, Mesquite or Alder
Preheat barbecue on PREHEAT then reduce to MEDIUM

Cut each chicken breast in half. Trim any sinews or excess fat off the chicken breasts and discard. Rinse the breasts under cold running water, then drain and blot dry with paper towels. Sprinkle the breasts on both sides with the salt, cracked black pepper and hot red peppers. Sprinkle the breasts with the garlic and rosemary, patting them on with your fingers. Arrange the breasts in a non re-active backing dish or inside a zip lock type bag. Pour lemons juice and oil over them and let marinate in the refrigerator, covered for 30 minutes to 1 hour turning several times. Set grill on high. Brush and oil the cast iron grates. Arrange the chicken breasts on the hot grill at a 45 degree angle. Place a brick (wrapped in aluminium foil) on top of each breast. Grill the breasts until cooked, 4-6 minutes per side, rotating the breasts 90 degrees after 2 minutes on each side to create an attractive cross-hatch of the grill marks. See Grilling Guide for example.

TIP ***To increase the depth of the grill marks, to give you that true restaurant look, just wrap a clean brick in aluminum foil and lay on top of each piece.***

East-West Buffalo Wings

Makes 2 – 4 servings

16	Whole	Chicken Wings (3 ½ pounds)
1	Cup	Butter
4	Cloves	Garlic(minced)
4		Scallions (trimmed, white parts minced
		green parts finely chopped, for garnish)
1	Tablespoon	Fresh Ginger (peeled, minced)
1	Cup	Thai Hot Sauce OR Other Hot Sauce
3	Tablespoons	Lime Juice
1	Teaspoons	Black Pepper

Suggested Backwoods Wood Pellet Flavor: Hickory, Mesquite or Alder
Preheat barbecue on PREHEAT then reduce to MEDIUM

Rinse the chicken wings under cold running water and blot dry with paper towels. Skewer the wings lengthwise with wooden or metal skewers and arrange on a baking dish. Prepare marinade: Melt 3 tablespoons butter in a saucepan over medium heat. Add garlic, scallion whites and ginger and cook until fragrant but not brown, about 3 minutes. Add the remaining butter, hot sauce, lime juice, and pepper, and season with salt to taste. Bring to a boil. Then remove from the heat and let cool to room temperature. Pour the mixture over the wings, turning the wings to coat evenly. Let marinate in the refrigerator, covered for 1 hour. When ready to cook drain the wings, reserving any marinade. Transfer the remaining marinade to a sauce pan and boil for 3 minutes. Place the wings on the grill. Grill until crisp and golden brown on the outside and cooked through, 8 to 12 minutes per side. Transfer wing to a platter and pour boiled marinade over them. Sprinkle scallion greens and serve.

www.louisiana-grills.com LOUISIANA GRILLS WOOD PELLET BARBECUES

Vegetables

Grilling Guide

A "Classic" Baked Beans

Stuffed Peppers

Sweet Corn In Foil

Sweet Corn In Husks

Sweet Corn "Unhusked"

Asparagus

Mushrooms

Smoke Roast Potatoes

Tomatoes

Foil Packages

Use wood skewers to hold vegetables together and make them easier to flip.

VEGETABLE GRILLING GUIDE

An abundance of fresh vegetables can be cooked on the grill – from asparagus to zucchini – allowing you to add great variety to your outdoor meals. First, brush the prepared vegetables with cooking oil or a bottled vinaigrette salad dressing. Use wooden skewers to not only hold the vegetables together but it also makes it easier to flip them and to stop them from falling through the cast iron grills. Then place them right on the cooking grate and let them share them savour the flavour with the meat. Turn them once, and before long, they'll be crisp-tender and ready to eat, even the kids will love them.

Vegetables	Temperature	Time
Asparagus	Medium	6 – 8 minutes
Beet		1 – 1 ½ hours
Bell Pepper, whole		10 – 12 minutes
Bell Pepper, halve or quartered		6 – 8 minutes
Chile		7 – 9 minutes
Corn, shucked		10 – 12 minutes
Corn, in husk		25 – 30 minutes
Eggplant, whole		12 – 15 minutes
Eggplant, ½" slices		8 – 10 minutes
Garlic, whole		45 minutes – 1 hour
Green Bean		8 – 10 minutes
Green Onion		3 –4 minutes
Leek		14 –16 minutes
Mushroom, Portobello		12 – 15 minutes
Onion, ½" slices		8 – 12 minutes
New Potato, halved		20 – 25 minutes
Potato, whole		45 minutes – 1 hour
Potato, 1 ½" slices		14 – 16 minutes
Squash, yellow, ½" slices		6 – 8 minutes
Tomato, plum, halved		6 – 8 minutes
Tomato, plum, whole		8 – 10 minutes
Tomato, garden, halved		6 – 8 minutes
Tomato, garden, ½" slices		2 – 4 minutes
Tomato, cherry, whole		2 – 4 minute
Zucchini, ½" slices		6 – 8 minutes
Zucchini, halved		6 – 10 minutes

TIP ***Use wooden skewers to not only hold the vegetables together but it also makes them easier to flip and to stop them from falling through the cast iron grills.***

A "Classic" Baked Beans

Makes 4 – 6 servings

2	Cans	Pork and Beans plain, maple or bbq flavoured
1	Cup	Brown Sugar
½	Cup	Coca-Cola® Classic
½	Cup	Ketchup
1	Mediuim	Onion, diced
2	Teaspoons	Dry Mustard
1	Lb.	Bacon slices, cubed (save 3 whole slices for topping)

Suggested Backwoods Wood Pellet Flavor: Hickory or Apple
Preheat barbecue on PREHEAT then reduce to MEDIUM / LOW or SMOKE

Mix all ingredients, except the full slices of bacon, in a foil or bake proof pan. Place on grill after turning temperature down to MEDIUM / LOW. Bake uncovered for 1 to 1 ½ hours. Stir occasionally. Place full slices of bacon on top to garnish

Stuffed Peppers

Makes 3 – 6 servings

3	Large	Green Bell Peppers
1	Pound	Lean Ground Beef
1	Tablespoon	Green Pepper (chopped)
1	8 oz. can	Tomato Sauce
¼	Teaspoon	Chili Powder
1	Tablespoon	Chopped Onion
½	Teaspoon	Worcestershire Sauce
½	Cup	Quick Cooking Rice (uncooked)
2	Small	Whole Tomato's (Peeled and Cut)
½	Cup	Water
		Salt and Pepper to taste

Suggested Backwoods Wood Pellet Flavor: Hickory or Apple
Preheat barbecue on PREHEAT then reduce to MEDIUM

Remove tops and seeds from the green peppers. Cook whole peppers in boiling salted water for 3 to 5 minutes; invert to drain.

Brown onion, green pepper and ground beef in a skillet. Add remaining ingredients (reserving 3 tablespoons tomato sauce and ½ cup cheese). Simmer for 10-15 minutes.

Stuff peppers with mixture; place 1-teaspoon tomato sauce on top of each pepper on a double layer of aluminium foil (9 inch square). Shape foil to fit around peppers leaving the top uncovered.

Place peppers, in foil, on cooking grid, cover and cook 35 to 40 minutes. Top with grated cheese and heat until cheese melts. About 5 minutes longer.

Variation: Use different colors of bell or sweet peppers.

Sweet Corn In Foil

(For those whom may not like the savory wood flavor)

Makes 3 – 6 servings

3	Ears	Fresh Sweet Corn - Whole
		Butter
		Salt or Seasoning
3 - 6	Squares	Aluminium Foil Wrap

Suggested Backwoods Wood Pellet Flavor: Hickory or Apple
Preheat barbecue on PREHEAT then reduce to MEDIUM / LOW

Shuck corn, remove all silk and rinse under running cold water. Leave whole or cut in half, for smaller serving size. Lay out corn on foil wrap. Spread butter on all ears and season to taste with salt and pepper. Wrap each ear in aluminium foil, this keeps the moisture in and stops any grilling flavor from penetrating the corn. Place ears of corn on the cast iron cooking grills and cook on medium heat for approximately 15 to 20 minutes, turning 3 times.

The corn will continue to cook after you take the foil packages off the grill. You may want to take the corn off a little earlier so as not to over cook.

Sweet Corn In Husks

Makes 3 – 6 servings

3	Ears	Fresh Sweet Corn - Whole
1/4	Cup	Sugar
		Butter
		Salt

Suggested Backwoods Wood Pellet Flavor: Hickory or Apple
Preheat barbecue on PREHEAT then reduce to MEDIUM / LOW or SMOKE

Trim excess silk off end of corn with the kitchen scissors. Place corn in a deep container, cover corn with cold water, sprinkle a ¼ cup sugar and 2 tablespoons of salt into the water, and soak at least one hour. When ready to cook, remove corn from water; shake to remove excess water.

Place corn on the cooking grills and cook at medium for approximately 25 minutes, turning 3 times.

Leave corn in the husks until ready to serve. Use gloves to remove husks and silk before serving. You can serve whole or cut in half. Add butter and salt to taste.

TIP ***Leaving the corn in the husks is highly recommended if you are cooking for a crowd. The husks help to retain the heat for a longer period of time, freeing up your grill for other mouth watering creations.***

Sweet Corn – "Unhusked"

Makes 3 – 6 servings

3	Ears	Fresh Sweet Corn - Whole
		Butter
		Salt

Suggested Backwoods Wood Pellet Flavor: Hickory or Apple
Preheat barbecue on PREHEAT then reduce to MEDIUM / LOW or SMOKE

Partially shuck corn, leaving half the husks to be pulled back entirely. Use an unattached husk to tie around the pulled back husks to form an attractive yet functional handle. Remove all silk and rinse under running cold water.

Leave corn whole and place directly on the grill, leaving the husk handles outside of the cooking area. Close hood and cook at medium for approximately 15 - 20 minutes, turning 3 times.

Add butter and salt to taste.

ASPARAGUS

Grilling, more than any other cooking method, makes asparagus taste sweet and spring like. But, the slender stalks present a problem, for they tend to fall through the gaps in the grate. The Japanese have come up with an ingenious solution: they skewer the stalks crosswise with a toothpick or bamboo skewer, making then easy to turn with tongs, and you don't lose a single stalk to the fire.

Makes 4 – 6 servings

1	Pound	Garden Fresh Asparagus
2	Tablespoons	Asian Dark Sesame Oil
1	Tablespoon	Soy Sauce
1	Clove	Garlic
2	Tablespoons	Sesame Seeds
		Salt and Pepper

Suggested Backwoods Wood Pellet Flavor: Hickory or Apple
Preheat barbecue on PREHEAT then reduce to MEDIUM / LOW or SMOKE

Combine sesame oil, soy sauce, and garlic and stir with a fork to mix. Brush on asparagus after they have been made into rafts.

With one hand hold the asparagus stalk at its base. Bend the stalk over with your other hand, the asparagus will break where the woody part ends and the tender part begins. Discard the base of the asparagus stalk.

Place 4 or 5 asparagus stalks next to one another. Skewer the asparagus crosswise in two places, just below the tips and 1 ½ inches from the bottom, with toothpicks or slender bamboo skewers. You will end up with something that looks like a raft.

Grill the asparagus directly on the cast iron grills for 3 to 5 minutes per side. Brush on sauce after each turning. The asparagus rafts are easy to turn with tongs.

ALSO GOOD FOR – Asparagus isn't the vegetable you can cook in a raft. Any long slender vegetable, from okra to sugar snap peas to green beans or scallions, can be skewered in this manner and grilled

TIP ***Leave a little bit of space between the asparagus stalks when you make the raft. This allows them to cook evenly on all sides.***

MUSHROOMS

Mushrooms readily absorb flavourful marinades, not to mention the scent of the fire and wood smoke.

Makes 4 – 6 servings

1	Pound	Fresh Mushrooms
		Virgin Olive Oil
		Salt and Pepper

Suggested Backwoods Wood Pellet Flavor: Hickory, Mesquite or Apple
Preheat barbecue on PREHEAT then reduce to MEDIUM / LOW or SMOKE

Wash and trim the stems off the shiitakes, cutting then at the base of the caps.

Skewer the mushrooms, taking care not to break the caps. Brush the tops of the caps with oil.

Grill the mushrooms kabobs, oil side down, on the grate for 3 to 5 minutes. Brush the second side with oil before turning and grilling for 3 to 5 minutes more.

HINT – Try to use a variety of mushrooms, the more the better. Most gourmet shops carry at least a half-dozen different types of exotic mushrooms. Even market your local supermarket probably has two or three varieties.

SMOKE ROAST POTATOES

If you like baked potatoes, you're going to love this technique. That's because smoke-roasted potatoes are one of the most addictive foods known to man

Makes 4 servings

4	Large	Baking Potatoes
2-3	Tablespoons	Melted Butter or bacon fat
		Sour Cream
		Grilled Bacon Bits
		Grilled Scallions
		Salt and Pepper

Suggested Backwoods Wood Pellet Flavor: Hickory or Apple
Preheat barbecue on PREHEAT then reduce to MEDIUM / LOW or SMOKE

Thoroughly wash then prick each potato a half-dozen times with a fork, inserting the tines about ¼ inch into it. This will help the potatoes absorb the smoke and prevent then from exploding.

Brush the potatoes with melted butter or bacon drippings and season the generously with salt and pepper.

Place potatoes directly on grill and Smoke roast the potatoes until they are very tender, 1 to 1 ¼ hours, turning occasionally. The skins will be wrinkled.

Top the potato with the traditional fixings, butter, sour cream, fresh grilled chopped scallions, and/or bacon bits made from scratch on the grill

Hint- You can brush the potatoes with butter; however, you'll get an even richer flavour if you use bacon fat or melted lard.

TIP ***If you are not in the mood for smoke flavor potatoes, simply wrap potatoes in aluminium foil to keep the smoke from getting through..***

TOMATOES

Makes 3 – 6 servings

3		Fresh Whole Tomatoe
		Virgin Olive Oil
		Coarse Rock Salt and Pepper

Suggested Backwoods Wood Pellet Flavor: Hickory, Mesquite or Apple
Preheat barbecue on PREHEAT then reduce to MEDIUM / LOW or SMOKE

The easiest way to grill tomatoes is simply to place it on the grate over a hot fire. The skin will darken and blister imparting a smoke flavour. Drizzle the best extra-virgin olive oil you can buy over the tomato and sprinkle it with coarse salt and freshly ground pepper.

Cut tomatoes in half and place cut side down on the grill for 3 to 5 minutes. Rotate each 45° after a couple of minutes to create and attractive crosshatch of grill marks. The skin will darken and blister imparting a smoke flavor. Turn tomatoes halves cut side up and drizzle the best extra-virgin olive oil you can buy over the tomato and sprinkle it with coarse salt and freshly ground pepper. The tomatoes will be done after 3 to 5 minutes of more grilling.

TIP ***To recognize a truly ripe red tomato, use your eyes, nose and fingers. A worthy specimen will be bright red, have a pleasing grassy, tomatoey aroma, and fell slightly yielding when squeezed gently.***

Foil Packets

How do you grill small pieces of vegetables or seafood without a spit, skewer or even a grill grate? If you ever belonged to the Boy Scouts or the Girl Scouts, you probably remember the solution: grill them in an aluminium foil packet. The packets are a snap to assemble and the foil seals in flavour and goodness. The basic procedure is to wrap vegetables in aluminium foil along with herbs and spices and a little liquid. Then you throw the package on the barbeque grate. A short time later you'll have dramatically puffed foil vegetable pack that's bursting with enticing aromas.

Makes 4 – 6 servings

2-3	Large	Potatoes – Thin Sliced
2		Carrots
1	Large	Green Pepper
1/2	Pound	Fresh Mushrooms
1	Large	Sweat Onion
1	Tablespoon	Chopped Onion
2-3	Teaspoons	Minced Garlic
3	Tablespoons	Soy Sauce
4-6	Tablespoons	Butter
		Salt and Pepper to taste

Suggested Backwoods Wood Pellet Flavor: Hickory or Apple
Preheat barbecue on PREHEAT then reduce to MEDIUM

Rip 2 squares of aluminium foil approximately 12" wide by 12" long per package. Place one piece on top of the other. Ensure that the shiny side is facing downward or away from the food.

Spread a little butter in the center of what will become of the bottom of the packet. Note the dull side of the aluminium foil is facing toward the food.

It is important to slice all the vegetables thinly so that they cook quickly. Arrange the sliced vegetables on top of the foil, starting with the harder denser vegetables, like potatoes and carrots. Light, watery vegetables such as mushrooms, go on the top. Strew the flavourings (garlic, salt and pepper) on the top. Sprinkle a few drops of soy sauce over the vegetables. Place a piece of butter on top of the vegetables.

Fold half of the double thickness aluminium foil over the vegetables to make a rectangular packet. Fold the short sides over several times Fold over and crimp the final edge to make a sealed packet.

Place the packets on the cast iron grills, ensuring the thicker vegetables are facing the grill. Using tongs, flip the packages carefully flip the packets over after approximately 8 to 10 minutes. The packets will puff up after 10 to 15 minutes total cooking time signalling that they are done.

Variation – To turn this into a light main course add 4 ounces of thin-sliced fish, chicken or shrimp to each packet.

TIP ***Take care when you serve the packets. Warn your quests to cut them with a fork or a knife and at arms length. When you cut into them, a blast of hot steam will escape.***

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